



Talooyin kaa gargaari kara inaad
maareysid oohinta:

1. Is deji oo yeelo sabir - waxay qaadan kartaa dhawr
daqiqadood in ilmahaagu xasilo.
2. Iisticmaal tilmaamaha ilmahaaga
si aad isugu daydid inaad garatid
waxa ilmahaagu kuu sheegayo.
3. Ilmahaaga xeji isaga oo u dhow
jidhkaaga.
4. Si dabacsan u hadal ama hees ku celceli.
5. Si tartiib ah oo celcelis ah dhinac dhinac u dhaqaaji
ama la dhaqdhaqaaq ilmaha.
6. Si tartiib ah u masaajee ama u duug
dhabarka, cududaha, iyo lugaha.
7. Haddii uu kugu bilaabmo xanaaq ama
aad dareentid in naftaada aanad
xukumi karin, ilmaha dhig meel ammaan
ah dhawr daqiqadood oo qado nasasho.
8. Gargaar weydiiso saaxiib ama qof qoyska ah.
9. La xidhiidh WIC ama dhakhtarkaaga haddii aad
u maleynaysid in ilmahaagu aad u ooynayo.



Marna
Ha Ruxin
Ilmo Yar!

Waxa laga soo xigtay Barnaamijka WIC ee California.

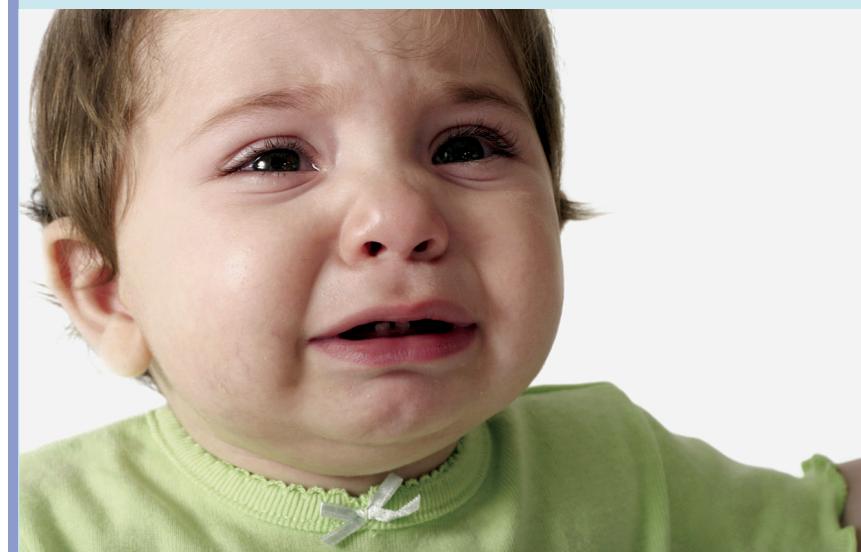
Dadka qaba naafu, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii la cadsado.
Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).
Hay'addani waa bixiye fursad loo siman yahay.
Barnaamijka Nafaqada ee WIC ee Gobolka Washington ma sameeyo takooris.

PUBLIC HEALTH
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HEALTHIER WASHINGTON



Created by the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study.
Key Resource: Sumner, B., & Barnard, K. (1980). Keys to caregiving. Seattle: NCAST, University
of Washington. This project has been funded at least in part with Federal funds from the U.S.
Department of Agriculture, Food and Nutrition Service. The contents of this publication do not
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Maxay Ilmuuhu u Ooyaan?



Si weyn ayaa loo dhibsan karaa
marka ilmuuhu ama nuunuugu ooyaan.
Oohintu waa caadi, laakiin waxa
jira waxyaabo aad sameyn kartid
si aad u yareysid.



Xaqiiqooyin ku Saabsan Oohinta oo Aan Qosol Lahayn

Dhamaan ilmuu way ooyaan.



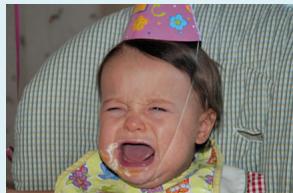
Oohintu waa xasilooni-dari sabab leh - taasoo ah in daryeelleyaasha la fahamsiyo inay gargaar bixiyaan.

Ilmuu waxay u ooyaan sababo badan, ma aha kaliya inay gaajo hayso.



Marka aad isku daydid inaad gargaartid, waxa dhici karta inay qaadato in mudo ah inta ay ka degayaan. Ilmuu waxay u baahan yihiin xoogaa wakhti ah oo ay ku xasilaan.

Ilmaha yar ee celcelis ahaan jira 6 todobaad waxa uu ooyaa qiyastii laba saacadood maalintii.



Marka ilmuu sii weynaadaan waxa sii yaraada oohintooda.

Ilmuu Waxay u Ooyaan Sababo Badan

Marmarka qaarkood way fududahay in la garto waxa ilmahaagu u baahan yahay (sida xafaayadda/dheebarka oo la beddelo!). Marrar kale waxa aad moodaa in ilmuu u ooyaan sabab la'aan.

La soco tilmaamahan si aad u garatid sababta uu ilmahaagu la ooyayo...

Haddii ilmahaagu gaajeysan yahay, waxa laga yaabaa inuu:

- Sameeyo sanqadh jiqis ah
- Inuu isku soo ururiyo dibnihiisa
- Inuu gacmahiisa u dhaweeyo afkiisa



Haddii ilmahaagu u baahan yahay inuu ka nasto waxa ka socda agagaarkiisa, waxa laga yaabaa inuu:



- Jeesto ama wax riixo
- Kala fidiyo farahiisa
- Adkeeyo muruqyada wajigiisa iyo jidhkiisa

Marrar badan ilmuu waxay muujiyaan tilmaamo ka hor inta aanay bilaabin oohinta. La socoshada tilmaamahaas iyo ilmahaaga oo aad ka gargaartid inuu raaxo helo ayaa ah hab fiican oo lagu yareeyo oohinta.



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Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: Why Do Babies Cry? (brochure)

Size: 11 x 8.5

Paper: 70# matte text, white

Ink color: 4-color process

Special instructions: 2-sided printing. Finished job folds to 5.5 x 8.5

DOH Pub #: 960-316